

Shrewsbury Parks and Recreation Department
Summer 2003 Introductory Rowing Program



ADULTS



RECREATIONAL SCULLING (Two oars)
Open to Adult age 18 and up

Sculling is the form of rowing favored by most recreational rowers. Discover the benefits of speed, serenity and physical activity. For those who choose to continue as scullers, the Donahue Rowing Center and the Quinsigamond Rowing Association offer facilities and opportunities. Participants can choose to join the QRA for the remainder of the year for \$150.00 (reg. \$250). Teaching will be in single and double shells. Ratio is no more than 6 to 1. Registrations for adult classes open May 10th from 8-11AM at Shrewsbury Middle School and continue during regular business hours at Parks & Recreation Office.

Cost includes a rowing t-shirt. Classes held at the Donahue Rowing Center on Lake Quinsigamond.

Registration Fee \$235.00

Registrations must be made at the Parks and Recreation Office, Shrewsbury Town Hall (Class space may not be available for late-comers, and a class with insufficient enrollment may be canceled). Fees are due when registering. Enrollment in each program is limited and first-come, first-serve. Competent swimmers only. Participants can't be afraid to be in the water. Please pay by check to "Town of Shrewsbury". For information, call 508-841-8503.

Rowing Director, John Ermilio, Coach of St. John's High School and USA Jr. National Team, 1999 & 2000

For specific rowing questions call John at 508-579-2505

Town of Shrewsbury

2003 Introductory Adult Rowing Program

Name: _____ **Age if under 21:** _____

& Street: _____ **city/town/zip:** _____

Home phone: _____ **Business #:** _____

Emergency contact: Name: _____ **Phone:** _____

Medical Concern: _____

Choose **One**:

Session 1) June 23- June 27 *Five meetings. 6-8 A.M.* _____ (113100-E)

Session 2) July 7-July 11 *Five meetings. 5:30-7:30 A.M* _____ (113100-F)

Session 3) July 14 -July 18 *Five meetings. 5:30-7:30 A.M* _____ (113100-G)

Session 4) July 21-July 25 *Five meetings. 5:30-7:30 A.M.* _____ (113100-H)

STATEMENT OF PARTICIPANT: "I am fully aware of the risks and physical demands inherent in the active deep-water sport of rowing. I am in good health and proper physical condition to participate in such activity. I accept and assume all risks and all responsibility for losses, costs and damages incurred by me as result of participation in this activity and agree to save and hold harmless the Town of Shrewsbury, the Donahue Rowing Center and any and all officers, agents and employees thereof from any liability or cost arising directly or indirectly from my participation. **I AM A COMPETENT SWIMMER WHO CAN SAFELY PARTICIPATE IN A DEEP-WATER BOATING PROGRAM WHERE-IN PARTICIPANTS MAY BE REQUIRED TO SWIM A CONSIDERABLE DISTANCE THROUGH DEEP WATER TO SAFETY.**"

Date: _____ **Signed:** _____
participant

Fees are non-refundable and registrations non-transferable. All sign-ups strictly first-come, first serve.

Office Use only: Receipt # _____